



# It's Your Dairy Choice!

Eating and drinking dairy foods is great for building unbeatable bones. There are many exciting and interesting ways to eat and drink dairy foods and choosing your own menu is heaps of fun! Which three serves of dairy would you choose for each day?

Here is a list of suggested items for your dairy menu:

- cheese sandwich
- savoury cheese muffins
- cheese on toast
- sticks of cheese
- home-made pizza topped with cheese
- frozen yogurt
- warm milk at bedtime
- ham and cheese roll or wrap
- chocolate milkshake
- yogurt dip with vegetable sticks
- glass of milk
- milk on cereal
- tub of strawberry yogurt
- glass of strawberry milk
- banana milk smoothie
- toasted cheese and tomato sandwich
- fruit smoothie
- tub of plain yogurt
- cup of hot chocolate
- piece of cheese

Now add some of your own dairy menu ideas to the list.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Using the list, and your own ideas as a guide, write your three choices of dairy for each day on the **It's Your Dairy Choice Menu Plan**. Remember that you need three serves of dairy (*milk, cheese and yogurt*) every day for unbeatable bones.





# It's Your Dairy Choice Menu Plan

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Day of the Week	Breakfast	Recess or snack	Lunch	Afternoon snack	Dinner
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

**Just for Fun: What would you use to count cows?**

*A cow-culator.*

